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Tired Children

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Document Version

Publisher's PDF, also known as Version of record

Publication date:

2006

[Link to publication in University of Groningen/UMCG research database](#)

Citation for published version (APA):

Nijboer, J. M. (2006). *Tired Children: Burnout or Chronic Fatigue Syndrome? Literature Study*.

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This literature study is a preparation on a traineeship and master thesis research at the Northern Center for Health Care research. The topic of this traineeship and research will be burnout in children. A question from pedagogical practice to the science shop of the University Medical Centre in Groningen gave cause for this topic.

Dutch media suggest that children are too busy nowadays: children have to achieve well in school, music, and sports, they have to have many peer friends, instead of going home after school they visit a daycare centre, where they have to obey to different rules. Picked up by their busy parents lately, they have to be nice for their parents, because they haven't seen each other all day. In pedagogical practice the question raised whether children can get burnout as a result of their busy lives.